



## I WANT TO BE ACTIVE OBSTACLE COURSE

**TYPE OF ACTIVITY:** Outdoor

**KEY CONCEPT:** Be physically active



### OBJECTIVES:

- › Children will use their gross motor skills to run, climb, crawl, and jump.
- › Children will explain that being physically active helps keep their bodies healthy.

### MATERIALS:

- › Various obstacles (cones, balance beam, ladder, tunnel, balls, hoops, chairs, etc.)

### PROCEDURE:

1. Set-up: Arrange an obstacle course for children to follow. It can include things to climb over, things to crawl under, hoops to jump through, plastic cones to navigate between, tunnels to crawl through, balance beams to walk across, and other obstacles.
2. Before children begin the course, explain that climbing and jumping and crawling and running are all types of physical activity that help keep their bodies healthy.
3. Encourage children as they navigate the obstacle course. When they complete the course, encourage them to talk about movements. Suggested phrases:
  - a. *What movements did you do during this course?*
  - b. *What was the hardest obstacle?*
  - c. *Feel your heartbeat. It's beating faster since you finished the obstacle course.*
4. Have children go through the obstacle course again, and encourage them to come up with new ways of moving (e.g., pretend to swim between cones, slither like a snake under an obstacle)



### ADAPTATIONS/EXTENSIONS:

**Thinking skills:** Encourage children to create their own obstacle course with materials on the playground. Have them teach other children how to go through the obstacle course.

## Day 13: Be Physically Active

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